

Cramping Leg

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: GoWildWest Isabel (CH) - May 2011
音樂: Heartache - Jody Booth



****2 Restarts : After S 2 : Stomp, Stomp / After Bridge**

Bridge: S 8 : 7x Cramping Leg Move (then you have really cramping legs...)

S 1: Rolling Vine with Turn, Triple Step, Heels

(first wall & 2x Restart: you do a rolling vine with 5/4 turn, other walls only full turn)

1, 2 RF step right and turn $\frac{1}{4}$ R with RF fwd, turn $\frac{1}{2}$ R with LF step back
3 turn $\frac{1}{2}$ R with RF fwd

All other walls

1, 2 RF fwd and turn $\frac{1}{4}$ R with RF fwd, turn $\frac{1}{4}$ R with LF step back
3 turn $\frac{1}{2}$ R with RF fwd
4& LF step, RF step
5& LF heel, weight on LF
6& RF heel, weight on RF
7& LF heel, weight on LF
8 turn $\frac{1}{4}$ R with RF toe back

S 2: 2x Step Lock Step, 2x Kick Back

1&2 LF fwd, RF lock, LF fwd
3&4 RF fwd, LF lock, RF fwd
5, 6 LF kick, LF step back
7, 8 RF kick, RF step back

S 3: Stomp, Out, Applejacks

1, 2 RF stomp, RF step out
3 Swivet L: weight on RF toe (heel to L) & LF heel (toe to L)
& both feet parallel
4 Swivet R: weight on LF toe (heel to R) & RF heel (toe to R)
& both feet parallel
5&6& REPEAT double Swivet L
7&8& REPEAT double Swivet R

S 4: 2x Side Behind Side with Heel

1, 2 RF right, LF cross behind
3, 4 RF right, LF heel
5, 6 LF left, RF cross behind
7, 8 LF left, RF heel

S 5: Rolling Vine with $\frac{3}{4}$ Turn and Jump & flick

1, 2 turn $\frac{1}{4}$ R with RF fwd, turn $\frac{1}{2}$ R with LF step back
3 turn $\frac{1}{2}$ R with RF fwd
4 jump on LF with RF flick
5, 6 RF step back, LF step back
7, 8 RF turn $\frac{1}{4}$ R, LF close

S 6: Rolling Vine with $\frac{3}{4}$ Turn and Jump & flick

1, 2 turn $\frac{1}{4}$ R with RF fwd, turn $\frac{1}{2}$ R with LF step back
3 turn $\frac{1}{2}$ R with RF fwd

- 4 jump on LF with RF flick
- 5, 6 RF step back, LF step back
- 7, 8 RF turn $\frac{1}{4}$ R, LF close

S 7: Jumping Kicks & Flicks with Turn

- 1& RF kick, LF kick
- 2 LF jump cross in front with RF flick
- & jump on RF, LF flick left out
- 3 turn $\frac{1}{4}$ L with RF flick
- & LF kick
- 4 RF kick
- & RF jump cross in front and LF flick
- 5 jump on LF with RF kick
- & LF kick
- 6 LF jump cross in front and RF flick
- & jump on RF and LF kick
- 7, 8 LF step fwd, RF scuff

S 8: Cramping Leg Move

- 1 RF toe-twist with a turn $\frac{1}{4}$ L
 - 2 RF heel with a turn $\frac{1}{4}$ R
 - 3 jump on LF fwd and RF is cross in front hitching
 - 4 jump on LF fwd and RF is cross in front hitching
 - 5 RF toe-twist with a turn $\frac{1}{4}$ L
 - 6 RF heel cross in front
 - 7 jump on LF fwd and RF is cross in front hitching
 - 8 jump on LF fwd and RF is cross in front hitching
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